

# UNITY DAILY WORD

*A Page of Sunshine for Every Day*



*Revealing the way to*  
HEALTH, HAPPINESS and PLENTY

5¢  
A Copy

November, 1935

\$1.00  
A Year

# AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

October 20 to November 19

*"If a man keep my word, he shall never see death."  
"I am the resurrection; and the life."*

*"So is he that layeth up treasure for himself, and is not rich toward God." "Consider the lilies, how they grow; they toil not, neither do they spin; yet I say unto you, Even Solomon in all his glory was not arrayed like one of these. . . . Fear not, little flock; for it is your Father's good pleasure to give you the kingdom."*

---

Single copies of UNITY DAILY WORD may be obtained at Unity libraries and newsstands at 15 cents. Subscription, \$1 a year. Braille subscriptions are sent free to the blind who are familiar with grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business, Progress, Wee Wisdom, Unity, Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

Requests for Silent Unity's ministry and love offerings for health and prosperity treatments should be addressed to Silent Unity.

Subscriptions, renewals, requests for Prosperity Banks, changes of address, book orders, or checks and money orders for publications should be sent to the Publishing Department.

Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103, act of October 3, 1917, authorized June 13, 1924.

---

When asking us to change your address, please be sure to state which of our magazines you are receiving, and whether you are now using a Prosperity Bank.

Y

the death."

lf, and is  
how they  
say unto  
prayed like  
it is your

---

ed at Unity  
\$1 a year.  
miliar with  
ings.

dom, Unity,  
a year each.  
fferings for  
d to Silent

ks, changes  
for publica-

e post office  
9. Accepted  
r in section  
24.

sure to state  
her you are

Von

U

sun-

a so

Edite

917

VOL. XXIII  
No. 5



NOVEMBER  
1935

## UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

### The Blessing of Silence

I hush and  
bless myself  
with silence.  
—*Robert Browning.*

## UP THE YEARS

CLARENCE EDWIN FLYNN

Not down the years but up the years  
Our pilgrim feet have pressed  
As, dawn sounds ringing in our ears,  
We journeyed toward the best.

Not down the years but up the years  
Our onward march has been:  
Each year a wider sky appears,  
A prospect more serene.

Not down the years but up the years  
Our human course has led,  
Hope whisp'ring courage in our ears,  
Faith leading on ahead.

Not down the years but up the years  
The trend of time is cast,  
To conquered ills and vanquished fears  
And dreams come true at last.

C  
forter  
We f  
cast u  
up.  
have  
susta

D

Davi  
versa  
up. F  
his s  
tion,  
I  
of y  
cann  
you  
thou  
ease  
being  
ticip

## THE LIFTER UP

**O**UR understanding of God in Truth reveals to us that He is a lifter up and that we can turn to Him when in sorrow and be comforted and cheered, exalted and lifted to high heaven. We find when we let things of the world about us cast us down that the Spirit of God within us lifts us up. When we let adverse thoughts depress us, we have but to turn to God and feel His uplifting and sustaining power.

David the Psalmist praised God in this way:

"Thou, O Jehovah, art a shield about me;  
My glory, and the lifter up of my head.  
I cry unto Jehovah with my voice,  
And he answereth me out of his holy hill."

David turned to God to be lifted up. When his adversaries seemed to increase, he knew God as a lifter up. He knew he could turn to God and He would be his shield against trouble, the source of his exaltation, and the glory of his overcoming and victory.

If you would be lifted up, you must keep out of your mind thoughts that cast you down. You cannot expect to be lifted up to the joy of heaven if you persist in thinking debased or sorrowful thoughts. You cannot hope to be lifted out of disease if you cling to a belief in disease as real and as being an attribute of you. You can see that to participate in the exaltation of God you must let your

thought bridge a way across to Him and to His exaltation.

When David called Jehovah his lifter up he placed no limitation upon Him. He did not say, "Jehovah, thou art my lifter up only when I do not need lifting up." He did not call Jehovah his lifter up only in times of prosperity and health. He knew that Jehovah had power to lift up his head when it was bowed in sorrow. He knew Jehovah as mighty to disburden his heart of worry and anxiety. He knew that Jehovah would lift up his head and his heart if his whole thought were given to Him.

Those who have felt the lifting up that God does for them are always willing and alert to help others to be lifted above sorrow, depression, disease, and failure. It is said that those who know the secret of the Lord, the power of Truth, have difficulty in keeping the secret. They want to see those about them lift up heads and hearts. They want to share the secret of exaltation.

If you want to help exalt others, create an atmosphere of exaltation in their presence. Let them catch the contagion of your happiness. Let God in you do His work as their lifter up. Many reformers and professional uplifters fail in their purpose because they cannot create an atmosphere of uplifting. Many of them lack the inner light of exaltation. They fail

to let  
consi  
feel a  
them

If  
some  
When  
thoug  
up yo  
Let H  
or th  
you l  
dom  
God a

G  
pressi  
woul  
lift y  
glory  
inher

T  
know  
nothi  
Accep  
and a  
no ca  
and c



to let God do the uplifting. Oftentimes they are considered as some sort of Pharisaical scolds. We feel at times like telling them to go home and uplift themselves.

If thinking of God as the lifter up of your head is something new to you, try regarding Him in this way. When you need to be lifted up, drop from mind all thought of depression. Turn to God. Let Him lift up your head. Let Him shoulder your responsibilities. Let Him carry the load. You will find that no person or thing in all this world can cast you down when you let God lift you up. You will find a new freedom and a new force within you when you accept God as your lifter up.

God is mighty to lift you above all seeming depression. He is mighty to exalt you above all that would appear to cast you down. He is mighty to lift you to high heaven and there reveal to you the glory and splendor that are yours as a child of God, inheritor of His wealth and glory.

Take God henceforth as that power in you which knows no sorrow, no worry, no anxiety. Know that nothing in all this world can depress or defeat you. Accept God's lifting up. Be exalted to high heaven and abide in that consciousness of God which knows no casting down. Be lifted to His presence of eternal and constant joy.

## YOUR CERTAIN JOY

**H**AVE YOU ever thought of your joy as something established in Christ that cannot be taken from you? Have you considered your joy in Spirit as something that is a part of your substantial being, something that never changes through all experience? Unless joy means just this to you, you have not found the certain joy of Spirit. You must realize that your joy is something of which you cannot be dispossessed. "Your heart shall rejoice, and your joy no one taketh away from you."

In our study of Truth we hope, among other things, to arrive at a consciousness of joy that is constant and unaffected by things of the world. We seek that deep, inner joy that cannot be changed by what persons and things of the world do. We seek to find Christ and to live in His joy.

The only sorrow comes from failure to know Christ. Certainly the individual who has Christ uppermost in his thought cannot entertain thoughts of sorrow. He is so engrossed in thinking of Christ that he cannot think that other persons or things can make him sorrowful. Surely the person who becomes sorrowful and morose because of what others say or do or because they come and go in his field of vision has not found the abiding joy of the presence of Christ. "Jehovah thy God is in the midst of thee . . . he will rejoice over thee with joy."

To the sorrowing widow or the young woman disappointed in love Isaiah declares: "Thy Maker is thy husband; Jehovah of hosts is his name." To the sorrowing, Isaiah offers "the oil of joy for mourning, the garment of praise for the spirit of heaviness." By the Apocrypha you are admonished to "cleanse thyself from sadness, which is evil, and thou shalt live unto God." You can see that you are not serving God when you hold to unpleasant memories and when you mourn over friendships and things that you have lost.

Many of the strangest cases in psychology are cases of prolonged grief. Surely the God of love does not expect us to spend years in grieving over what others do or fail to do. Surely the individual who spends a lifetime in grief wastes a lifetime that he could use in serving, loving, and enjoying the companionship of God. We are convinced that sorrow comes only from failure to know Christ.

If we know Christ as omnipresent, we cannot know separations. There can be no sense of loss in the omnipresence of Christ. If we know Christ as our certain joy, constant and eternal, we cannot be saddened, regardless of what happens in the external world about us. If we find Christ within us, that which persons of the world say or do cannot affect us.

## THE GREAT TEST

**A**S WE develop spiritually we meet many tests. One of these has to do with criticism of others. We meet the test when we resist the temptation to criticize. We cease to blame other people for any of our misfortunes. We arrive at the place in consciousness where we view our problems entirely as our own, devoid of all connection with other persons.

The tendency to criticize others carries with it a lesson: Eliminate from your own life the things that you criticize in others.

Many persons think they meet the test when they no longer voice criticism. They continue to be critical even though they are silent. Learning the lesson, making the great elimination, never occurs to them.

When you find that something that another says or does becomes irksome to you, you may know that somewhere in your own consciousness and life there is something that vibrates and responds to it. Certainly you take a step forward when you not only cease to think and voice criticism but also cease to let anything related to it abide in your own mind and heart.

The member of the family who is the faultfinder is usually the one with the most faults. The fellow who is prompt to voice criticism rarely is willing to take it. The person who offers free advice to others

about how to better and improve themselves seldom takes advice. The individual who is always ready to give us his candid opinion of us would be dreadfully offended if we gave him our candid opinion.

If you discover that under the pretense of trying to help others you permitted yourself to say to them whatever popped into your mind, if you find that you have put in operation some psychological law that has caused you to attract criticism to yourself, you may know that you need to meet the great test. Not only must you cease to think and voice criticism but you must also take steps to eliminate from your own life the things that you criticize in the lives of others.

Many persons will find that redemption from much of the adversity in life will come through their release from the belief that other persons and things of the world have power over them. They will find that as long as they criticize others and believe that they have influence over them, they hold themselves apart from the blessings of God.

If your demonstration of health or prosperity has not been made, look to this matter of how much thought you give to other persons. Do you believe that they have power to keep your blessings from you? Do you criticize them in thought or in spoken word? Have you learned to eliminate what appears

to be their faults from your own life?

The great elimination has been made, the great freedom gained, the great test surmounted when we arrive at that place in consciousness where we behold ourselves as free from what other persons think, say, or do. We cannot approach God with a clean heart until it is cleared not only of critical thoughts and words but also of that which we hope to eliminate from the lives of others.

There are those students of Truth who make the big mistake in the home of taking others to task and quoting principles of Truth in a way that certainly does not make for harmony. Other students work in a different way. They work silently. They let their own lives of peace and love cause the household to be drawn to Truth. Certainly the student of Truth cannot be critical. He cannot give offense through unwisely quoting from the Bible or from metaphysical books. He must meet the great test by freeing himself from personal consciousness. He must eliminate from himself that which he criticizes in others. He must let Christ in him work in love and in silence, never allowing his personal self to work through criticism. Having met the great test, he can approach God with a clean and loving heart and enter into that harmonious realm of mind in which love reigns supreme and God is God throughout all time.

---

## WHAT IS UNITY'S FINANCIAL SUPPORT?

Unity is a school where men, women, and children are instructed in the laws of life. Unity deals fundamentally in ideas and their application to man's daily needs.

No one is personally asked to give to Unity, but as in the case of all schools of its type Unity's temporal needs are met from the gifts of its friends.

Unity literature is broadcast to the ends of the earth at less than cost, that the multitudes may have what they so greatly need, a means by which to develop their innate but sleeping powers to the end that health, wealth, and happiness may become universal.

If you, dear reader, are interested in your brother's spiritual unfoldment, or if you have been helped by Unity and feel the desire to give even as you have received, God will bless you and your gift to a good cause.

---

## HIGH FAITH

GRACE MEREDITH

When high faith starts,  
Prayers are like blithe, eager songs  
That gain in quiet harmony as they go on  
In trusting hearts,  
Bringing a joy that stays where it belongs,  
A growing gladness heralding the dawn—  
When high faith starts.  
When thought is true,  
The silent prayers we never see or read  
Or even speak, but only make  
Through hearts of praise and trust and love,  
For Truth's own sake,  
Are answered in a way to meet each need  
By the One Power within, without, above;  
And all this may be proved by you and you  
When thought is true!



## FRIDAY, NOVEMBER 1

---

*The peace of God in the midst of me  
gives me perfect peace.*

I AM AT PEACE today because the Spirit of God in the midst of me is peaceful. No inharmonies of the world about me can make God in the midst of me inharmonious. Nothing of the world about me can take my peace of mind, the peace of God, from me. I abide in the consciousness of perfect peace.

I know that my peace cannot be affected by what others say or do. My peace is established in God and is unaffected by persons, things, or circumstances. My peace becomes more profound as I meditate upon the peace of God in the midst of me and realize that I am ever unified with Him and peace.

Peace now fills my mind and my heart. My whole environment is filled with peace, the deep peace of God. Nothing in all this world can destroy the peace of my environment. The presence of God, the presence of infinite peace, fills my heart and in-folds me in peace. I realize that God lives within me and I know that I live in His presence of peace.

I am assured of perfect peace.

*The God of peace . . . make you perfect in every good thing.*—HEB. 13:20.

## SATURDAY, NOVEMBER 2

---

*There is no fear in my heart, because God  
as courage abides therein.*

| REALIZE that I cannot be afraid of persons and things of the world about me when my thought is centered in the presence of God within me. I know that I cannot fear and at the same time realize that the presence of God is my own innate courage.

As I go forth this day, I go in the realization that through Christ in the midst of me I overcome all fear. I go forth in the consciousness that I am no longer afraid because Christ in me can know no fear. I live in the truth of my innate courage and am no longer fearful of things of the world about me.

My consciousness is now ruled by divine fearlessness. With my heart centered upon Christ, I can know no fear of persons, things, and circumstances. Nothing of the world about me has power to cause Christ in the midst of me to be afraid. Now that I am ruled by the presence and power of Christ I am free from all thought of fear. I no longer fear when in the presence of persons and things of the world that formerly caused me to be fearful.

I walk this day in the courage of Christ.

*There were they in great fear, where no fear was.*  
—PSALMS 53:5.

## SUNDAY, NOVEMBER 3

---

*Christ in me has now set me free from  
every human belief in bondage.*

TODAY I let Christ in me set my mind free from all belief in bondage of any kind. I realize that Jesus brought me the Christ message of freedom in order that I might set myself free from the bondage I believe in today. I now direct my every thought to Christ and find that by thinking of Him and His freedom I lose sight of that which I have believed to be bondage.

The presence of Christ within me is the presence of my conviction that I am no longer bound by adversity and limitation. I find that Christ is present within me as that Spirit which convinces me of my freedom. I now willingly give up all belief in bondage in order to accept the truth of my freedom.

I realize that Christ has set me free from all belief in evil, sin, fear, hate, disease, and poverty. I realize that in His freedom I am identified with good, peace, joy, love, health, and plenty. I resolve nevermore to allow myself to be enslaved by adverse belief. I resolve to keep my thought centered upon the Christ Truth that sets me free.

*I shall walk at liberty;  
For I have sought thy precepts.*

—PSALMS 119:45.

## MONDAY, NOVEMBER 4

---

*I patiently witness the work of Christ now  
being done in me and in all my affairs.*

WITH my heart centered upon Christ, I can be patient under all circumstances. I am now free from the habit of impatience because I have learned to trust in Christ. I am willing to witness the work of Christ as it is now being done in all my affairs, and to exercise patience as I trust in Him.

My freedom from impatience is assured because I know that all is well with me and all my affairs. I know that even at this moment the Spirit of Christ is working in me to bring good into my affairs. I realize that at the present moment Christ is helping me to be patient and that He is rewarding my patience with an abundance of all good.

I patiently stand in the presence of Christ and behold Him giving me great good from His storehouse of good. I patiently witness His adjusting and regulating of all my affairs. I patiently behold His goodness coming into visibility in my affairs as the manifestation of that which I most desire.

Abiding today in patience, I feel that I am living nearer to Christ.

*Bring forth fruit with patience.—LUKE 8:15.*

## TUESDAY, NOVEMBER 5

---

*I drop from mind every belief in negation  
and adversity in order to make my mind  
conform to the mind of Christ.*

KNOW that when I think thoughts of truth, love, joy, health, and plenty I am thinking thoughts of the Christ mind. When I think thoughts of evil, fear, sorrow, hate, disease, and lack, I think contrary to Christ and Truth. I resolve this day to guard and discipline my thinking in order to make my thoughts conform to the thoughts of the Christ mind.

The mind of Christ is the ideal and pattern to which I now seek to make all my thoughts conform. I realize that by disciplining my thinking, by casting adverse and negative thoughts out of my mind, I can identify myself with the Christ mind.

The mind of Christ ever inspires me to drop all thoughts of my own that are adverse to Truth and to accept the thoughts of Christ as my own. I know that when I think as Christ thinks my whole life will be filled with naught but good. I realize that much depends on my disciplining my thinking and on my establishing in thought that which is of the mind of Christ.

*Bringing every thought into captivity to the obedience  
of Christ.—II COR. 10:5.*

## WEDNESDAY, NOVEMBER 6

*The justice of Christ is now active in me  
and I live in a world of perfect justice.*

CHRIST in me is ever just. He causes me to drop from mind every belief in injustice. He causes me to know that in Truth I am justly dealt with at all times. I realize that when I am centered in His justice naught but justice can prevail in my mind or in my world.

As I develop the consciousness of justice, I know that others cannot deal unjustly with me. I know that in this consciousness there is naught that would attract injustice to me. I realize that I cannot be connected with injustice in any wise when I abide in the consciousness of the presence of Christ and His perfect justice.

The justice of Christ now established in my consciousness causes justice to prevail throughout my world. I behold the passing from my world of every form of injustice. I see myself living in a world where there is only Christ, only His righteousness. I know that with my every thought centered upon Christ I can know naught but justice. Only that which has His approval can prevail in my world.

*With righteousness shall he judge the poor, and decide with equity for the meek of the earth.—ISA. 11:4.*

## THURSDAY, NOVEMBER 7

---

*Christ in me silences every adverse belief  
and causes me to draw nearer and nearer to  
Him.*

**A**S I TURN in thought to Christ in the midst of me, I realize that He puts to silence every adverse belief. I know that when I enter the silence or engage in silent prayer I do so in order to let Christ in me silence adverse beliefs and emphasize Truth in my consciousness. I find in the great silence of Christ's presence at the heart of my being that power which silences evil, fear, pain, disease, and want. In silent prayer I find the way to peace, joy, love, health, and plenty.

I rejoice to worship Christ in the silence of my heart. I rejoice to turn from things of the world and to find in His silence that peace and comfort which He alone can bestow. I rejoice to find in the silence the answer to my prayer.

In silent prayer I find Christ. I find myself identified with Him and with all that He is and has. I know that in the silence I have the key to His treasure house. In the silence of the great within, I find Christ and unify myself with All-Good.

*Keep silence, and hearken, O Israel: This day thou  
art become the people of Jehovah thy God.—DEUT. 27:9.*

## FRIDAY, NOVEMBER 8

---

*The love of Christ in me causes me to be loving toward all persons and under all circumstances.*

CHRIST in me now inspires me to be loving toward all persons. He causes me to give up every hateful or unloving thought. He redeems my consciousness from all tendency to be unloving. I give up even the latent, most secret thought of hate because Christ has inspired me to love.

Love is uppermost in my consciousness today because I have dedicated this day to Christ. I am willing to keep unloving thoughts out of my mind in order to experience the perfect love of Christ. I am willing to rise above hate in order to ascend into the consciousness of perfect love.

I realize that the love of Christ has power to change my whole world when I dedicate my heart and my life to Him. I know that when I let Him prevail in my heart, love will prevail in my world. I realize that His love is omnipotent, mighty to expel from my world every unloving thought. I abide today in love.

*Love one another; even as I have loved you.—JOHN 13:34.*

God  
and

DO  
I d  
esta  
law.  
but on  
the on  
law as

I k  
evil wo  
being  
is. Th  
me an  
good t

Th  
me tha  
I know  
I come  
that is  
good o  
proves

The  
—PSAL



## SATURDAY, NOVEMBER 9

---

*God, the law of good, now rules my life,  
and I am no longer in bondage to adverse  
laws.*

DO not believe that God as law has any rivals. I do not think that any so-called adverse law established by man can in any wise limit God as law. I know that in Truth there is but one God, but one law of good. Even as I recognize God as the only power in my life, so do I recognize His law as the only law governing me in Truth.

I know that evil has no law back of it, otherwise evil would have a place and existence in Truth. God, being the one and only reality, is all that lawfully is. The law of God is the law of good governing me and my life. His law is the law that causes good to come into my life and to fill it with all good.

The law of God as my law of health proves to me that in Truth disease has no foundation in law. I know that when I meditate upon the law of God I come into the realization of the lawlessness of all that is unlike God. The law of God is the law of good coming into evidence in my life as that which proves the existence of God as good.

*The law of Jehovah is perfect, restoring the soul.*  
—PSALMS 19:7.

## SUNDAY, NOVEMBER 10

---

*The presence of Christ keeps me from being anxious or worried, because I rely upon Him.*

GIVE up all thought of worry because I trust in the power of Christ and know that all is well. I am no longer anxious. I realize that if I rely upon Christ I need not worry about myself or my affairs. I know that when I place my trust in Him I need not be anxious.

As I meditate upon Christ in the midst of me, as I learn to rely upon Him more and more, I find that I have no worries. I know that the person who has found Christ finds that he need no longer worry. Finding Christ, I find that I am at the end of all worrying. Only when I lose sight of Christ do I begin to worry.

I do not worry about my health. I know that I can rely upon Christ to lift me above all belief in disease and establish me in the truth of my perfect health. I am not anxious about my health, because it is established in Christ, the source of all health.

I am not anxious about my prosperity and success. I rely upon Christ to free me from all belief in lack and know that my prosperity is assured.

*In nothing be anxious.*—PHIL. 4:6.

## MONDAY, NOVEMBER 11

---

*The life of Christ in me now quickens me  
to a consciousness of abundant life.*

I NEED no longer believe that my life is limited, insufficient, or weakened. I cease to think of my life as something apart from the life of Christ. I realize that in Truth the life of Christ in the midst of me is a wellspring of inexhaustible life.

As I feel the life of Christ in me, I claim it as my own life. I know that I am unified with it forever even as I am eternally unified with Christ. His life is ever a life that I can draw upon and that cannot be depleted. When I am weary, I have but to turn to Christ in the midst of me and identify myself with His life.

Living in Christ and knowing that He lives in me, I find that I cannot be separated from life. I am eternally alive in the consciousness of the life of Christ. No adverse belief can cause me to lose sight of the mighty truth of my life in Christ. No negative thought can keep me from realizing the truth of my oneness with eternal life.

I understand that He is an inexhaustible fountain of life within me.

*Understanding is a wellspring of life unto him that bath it.—PROV. 16:22.*



# S H A R

We may know all sadness  
Clouds may darken  
But there's one thing rejoices  
It's the blessing that has given

We may sometimes think we've  
But our chances are many  
In the morning the gladness  
To begin the day's sharing

We can share by understanding  
We can share by favors, v  
That we share with others  
And our living sharing if

Sharing of our tired efforts,  
Sharing gladly all blessings,  
And by willingly sharing o  
Sharing is the best secret o

# SHARING...

*By Ada Adams Leitner*

How sad sadness as we journey on life's way,  
dark hopes may vanish, hearts grow weary at delay;  
one thing rejoicing and it always lightens care,  
sharing has given of the privilege to share.

Sometimes we've nothing we can share with any one,  
happens so many every day from sun to sun;  
finding the gladness of a pleasant cheery smile  
one day's sharing in a way that's well worth while.

By understanding, we can share by listening too,  
by favors, we can live so fine and true  
by sharing with others, we can share our faith and love,  
sharing if we rise our trials above.

By our tired efforts, sharing of our strength to bear,  
by all blessings, showing others that we care—  
by sharing our own burdens will grow less.  
The blessed secret of the way to happiness.

## TUESDAY, NOVEMBER 12

---

*I now direct my every thought to the kingdom of heaven in the midst of me.*

CEASE to think of heaven as something apart from me or as something existing in the future or in the distance. I realize that heaven is where the Spirit of Christ is—in my midst. I give up every belief that could separate me from Christ and from heaven. I abide in the consciousness that heaven exists here and now in the very midst of me. I know that I too abide in heaven.

I no longer think of heaven as some compensation to be gained through my failure to know how to live. I know that by living according to Truth I come into the realization that heaven is present here and now. I know that as I come into a clearer realization that heaven is right here I shall cease to believe that it exists in the distance. I realize that through affirming that heaven is now present I shall cease to think of it as existing in the future.

I now catch the vision of heaven, the realm of perfect harmony in the midst of me. I determine to keep my thought centered upon Christ in order to live in His presence, in heaven.

*I was not disobedient unto the heavenly vision.*—ACTS 26:19.

The j

RE  
rejo  
tha  
can be  
His pr  
at kno  
suprem  
ing H

To  
ing me  
world  
I know  
joy fr  
Christ

CH  
I med  
joy. I  
cease  
sorrow  
the or  
with I

M  
Go

## WEDNESDAY, NOVEMBER 13

---

*The joy of my indwelling Christ is the source  
of my eternal joy.*

REJOICE this day that I have found Christ. I rejoice that I know His Truth. I rejoice to know that Christ is my inspiration of joy and that I can be joyful as long as my thought is centered upon His presence. I abide in the joy of Christ, His joy at knowing His Father-God, His joy at knowing His supremacy over adverse condition, His joy at knowing His power over disease, fear, and lack.

Today I rejoice that Christ in my midst is inspiring me to exceeding joy. I realize that things of the world no longer have power to make me sorrowful. I know that nothing in all this world can take my joy from me. I feel within me the very joy of Christ, and I too rejoice.

Christ in me is ever a source of joy to me. As I meditate upon His presence I am filled with great joy. I feel that I shall never again cease to be joyful, cease to lose sight of Him. I know that the only sorrow is that of losing sight of Christ. I know that the only joy is that of finding Him and communing with Him.

My heart today is filled with great joy.

*God my exceeding joy.*—PSALMS 43:4.

## THURSDAY, NOVEMBER 14

---

*Christ has now revealed to me that the only power in Truth is the power of God.*

I HAVE discovered that there is no power in evil, sin, fear, hate, disease, and failure. I know that in Truth the only power is the power of God the good. I realize that nothing adverse to God can share His power and authority. Nothing unlike good can participate in the power of good.

Should I think that evil has power, my thought is instantly corrected by the truth that God, the good, alone has power. When the thought of the power of disease comes to me, it is overcome by the truth that God as health alone has power. The truth of God's power is my salvation from all belief in evil.

The power of God is the power of good that is ever working in me to raise me to a consciousness of good. In this consciousness I no longer believe in any power other than the power of God. I know that God's omnipotence has no rival or competitor. In Truth there is but one God and consequently only the power of good.

I abide this day in the realization that God is the only power operating in my thought and in my life.

*Behold, I have given you authority . . . over all the power of the enemy.—LUKE 10:19.*



## FRIDAY, NOVEMBER 15

---

*I no longer believe in evil, because my  
thought is centered upon the allness of  
God, the good*

REALIZE that in the omnipresence of God there is no place for evil, hence evil has no reality, presence, or being in Truth. I know that if evil has no place in omnipresence, it has no place at all. Since God, the good, is all that exists in Truth, I know that evil cannot exist.

With my thought centered upon God as reality, I cannot believe in evil. Thinking of God as occupying all space, I know that there is no place left where evil can exist. Thus I find that evil ceases to exist for me when I know that in Truth only God, the good, exists.

Meditating upon God, I find that I cannot at the same time believe in evil. I discover that if I want to wipe evil from my life I have but to think of God, the good. If I would get rid of evil, I need but cause the goodness of God to be manifested in my life in more abundant measure.

This day I keep uppermost in my mind the truth that I live in the omnipresence of God.

*Abhor that which is evil; cleave to that which is good.*  
—ROM. 12:9.

## SATURDAY, NOVEMBER 16

---

*Christ in me is ever exalted and I too am  
lifted up to Christ.*

CONSCIOUS of the presence of Christ within me, I am conscious that He is ever exalting me. His presence lifts me above sin, evil, fear, hate, disease, and lack. I am exalted above every limited and adverse condition. His presence lifts me to high heaven and I abide in heavenly ecstasy.

Since Christ lifts me up, I know that nothing in all this world can cast me down. I realize that neither persons nor things nor circumstances can cause me to be dejected. I abide in the consciousness of exaltation. I live in the consciousness that Christ lifts me up and I am exalted to the presence of God.

Christ in me causes me to know that I am ever drawing nearer and nearer to God. I no longer think that things of the world can keep me from being drawn to God. I am exalted in consciousness because Christ in me inspires me to be lifted up. I abide in the realization that Christ in me is ever causing me to ascend higher and higher in spiritual consciousness.

*Arise, shine.*—ISA. 60:1.

## SUNDAY, NOVEMBER 17

---

*I relax mentally and physically through the  
consciousness of perfect relaxation in  
Christ.*

I AM NOW relieved of all tension in mind and in body. I am free from all mental and physical strain. Through knowing that I abide in the presence of Christ, I am set free from all tension and strain. I know that in His presence I am perfectly relaxed.

I now give up every thought that would cause tension. I clear from my mind every thought of fear and resistance. I give up those thoughts which would cause tense muscles and taut nerves. Freedom from tension-producing thoughts causes me to relax and assures me of relaxation in mind and in body.

I rest in the presence of Christ and know that all is well. In His presence I know that there can be nothing to disturb or distress me, nothing that can take my peace and joy from me. I rest in the assurance that He is taking care of me. In this consciousness I cannot be tense. Abiding in the presence of Christ, I rest serenely.

*He leadeth me beside still waters.  
He restoreth my soul.*

—PSALMS 23:2, 3.

## MONDAY, NOVEMBER 18

---

*Christ in me now quickens me to be forgiving, and I forgive every personal wrong.*

**A**S I meditate upon forgiveness, my thought is directed to Christ. I know that He forgives readily and thoroughly. I know that I cannot believe in personal wrongs committed against me, I realize that I cannot hold in mind personal grievances when my thought is upon Christ. He ever symbolizes instant and perfect forgiveness.

I realize that when my thought is centered upon Christ I cannot be unforgiving. I cannot refuse to forgive any person for wronging me when Christ occupies my whole attention. The forgiving power of Christ makes me forgiving. When Christ in me forgives, I forgive without retaining any memory of the wrongdoing of others.

When I forgive another, I restore him to my love and affection. I see him henceforth freed from all accusation of wrongdoing. I cease to think of him as having sinned against me.

I am free from all memory of another's shortcomings.

*Bless Jehovah, O my soul . . .  
Who forgiveth all thine iniquities.*

—PSALMS 103:2, 3.

## TUESDAY, NOVEMBER 19

---

*The light of Christ shining at the heart of  
my being is the light of my inspiration  
and wisdom.*

I CANNOT be without the light of Truth. I cannot lack guidance or wisdom. The light of Christ shining within me inspires, guides, and illumines me. I cannot be in the dark mentally. My mind is flooded with the light of Truth and I know all that I need to know.

The light of Christ was implanted within me at the time of my creation. This light will always be with me. At no time shall I ever be separated from the light of Christ or be without His light and wisdom. His light is ever with me even as He is ever unified with me.

The light of wisdom now discloses to me all that I want to know. I have the information that I seek. I am now quickened to the intelligence that I need. I am now inspired to know that I am identified with the wisdom of Christ and one with all His knowledge.

As I go forth today I know that I carry the light of Christ with me.

*Then shall thy light break forth as the morning.—ISA.  
58:8.*

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY

November 20 to December 19

Illumination

*I am one with omnipresent Spirit light  
and illumination, and I know the way.*

Healing

*Jesus Christ is now here quickening me  
with the healing power of Spirit, and I am  
restored to health and wholeness.*

Prosperity

*The opulence of God in Christ enriches  
my mind and radiates its splendor into all  
my affairs.*

The  
now

C

tain an  
my att  
about r  
that di  
accept  
I know  
to drop  
Christ

Th  
and po  
presen  
When  
health,  
my life

I a  
has he  
Christ  
which

O J

## WEDNESDAY, NOVEMBER 20

---

*The healing presence of Christ within me  
now frees me from all belief in disease  
and I am healed.*

CHRIST in me is my health, and when I keep Him in mind I am free from all belief in the presence or power of disease. I cannot entertain any thought that would give disease power when my attention is centered upon Christ and the truth about my health in Him. I am free from every belief that disease is identified with me in any way when I accept Christ as my life, my health, and my strength. I know that I can be healed only when I am willing to drop from my mind all belief in disease and accept Christ entirely.

The presence and power of Christ is the presence and power of my health. When I know that Christ's presence is my health, I cannot believe in disease. When I accept His Truth as the truth about my health, I cannot believe that disease has any place in my life.

I am healed! The presence of Christ within me has healed my mind of all belief in disease. I accept Christ as my health. I accept Him as that health which forever dissipates disease.

*O Jehovah, heal me.—PSALMS 6:2.*

## THURSDAY, NOVEMBER 21

---

*The prospering power of Christ now active in all my affairs assures me of prosperity and success.*

**T**HIS DAY I drop from mind all belief in lack and failure. I no longer think of poverty as God's will for me. I cease to think that failure comes as some sort of heavenly discipline. I know that Christ now active in me and in my affairs is the source of my prosperity and success.

My mind is now open to receive from Christ those rich ideas which will direct me to prosperity. I know that through allowing my mind to be filled with Christ's ideas of plenty I can cause my affairs to be prosperous. Through keeping out of my mind all belief in failure I cause my affairs to be imbued with success.

Christ prospers me. I place all my affairs in His keeping. His presence in them causes the presence of prosperity to become visible. Christ's presence assures me of prosperity. Wherever He appears there is abundance. His presence is at once the manifestation of rich supply and bountiful substance.

I rejoice today to bless all my affairs.

*Then thou shalt make thy way prosperous, and then thou shalt have good success.—JOSH. 1:8.*

I no  
la

THIN  
me in  
the w  
and adv  
Spirit, I  
piness, I  
The  
Spirit.

way whe  
I rejoice  
and tha

Guid  
times.  
to Spirit  
since th  
and to t

The  
to me as  
from be  
harmony  
that wh  
every si

Make



## FRIDAY, NOVEMBER 22

---

*I now go the way of Spirit, the way of light, peace, joy, love, and success.*

THINK of the path of Spirit as a path that leads me into my highest good. I know that when I go the way of Spirit I do not go the way of misfortune and adversity. When I am directed and guided by Spirit, I go the way of understanding, harmony, happiness, love, and plenty.

The way of Spirit directs me into the blessings of Spirit. I know that when I go Spirit's way I go the way wherein the blessings of Spirit appear as my own. I rejoice that my feet are set upon the path of Spirit and that I am guided into ways of joy and plenty.

Guided by Spirit, I choose the right path at all times. I cannot be undecided when I refer all things to Spirit. I do not recognize two paths ahead of me, since there is in Truth but one right path to choose and to take.

The way of light is that which Spirit has revealed to me as the way wherein I find all obstacles cleared from before me. The way of peace is that wherein harmony is found on every hand. The way of love is that wherein Spirit is manifest as love and wherein every situation of life is handled through love.

*Make straight paths for your feet.—HEB. 12:13.*

## SATURDAY, NOVEMBER 23

---

*Henceforth I think of my body as the temple of the living God, filled with His presence.*

**I** NO LONGER regard my body as the habitation of disease. I do not think of it as subject to disease, contagion, or fleshly evils. I know that in Truth my body is God's temple and that He fills it with His presence. I know that I can redeem my body from the limitation I have placed upon it simply by beholding it as it exists in Truth and in the sight of God.

I bless my body by accepting the truth that God lives within it. I bless it in the thought that it is the habitation of God, the habitation of health and perfection. I bless it by realizing that it is the embodiment of thoughts of life, health, power, and strength.

Henceforth I regard my body as a sacred temple, and I think only such thoughts as I want to see out-pictured upon it. I no longer think thoughts of impurity and weakness. My body consciousness is charged with thoughts that bring into manifestation a body of health and perfection.

Living in the consciousness of bodily perfection, I cause my body to appear as it exists in the sight of God, filled with His presence, perfect in His sight.

*He spake of the temple of his body.—JOHN 2:21*

*The  
cons*

**REJ**  
and t  
meas  
Though  
carded.  
Christ a

The  
dom, jo  
true of  
That w  
pearing

As I  
heaven  
gladly g  
Truth.  
order th

I re  
mind I  
that by  
tured in

*I adj  
truth in t*

## SUNDAY, NOVEMBER 24

---

*The Truth of Christ now established in my consciousness sets me free from erroneous thinking.*

REJOICE that I have a standard for my thinking, and this standard is the Truth of Christ. I now measure all my thoughts by this standard. Thoughts that do not measure up to Truth are discarded. Thoughts in keeping with the Truth of Christ are retained in consciousness.

The Truth of Christ is the truth about my wisdom, joy, love, health, and success. That which is true of Christ in the midst of me is also true of me. That which is true of my spiritual nature is now appearing as the truth of my being in Christ.

As I meditate upon Christ's Truth, the message of heaven to mankind, I desire to think only Truth. I gladly give up every thought not in keeping with Truth. I yield up every belief adverse to Truth in order that Truth may be established in my mind.

I realize that when Truth is established in my mind I shall think only thoughts of Truth. I know that by thinking such thoughts Truth will be outpictured in my body and affairs.

*I adjure thee that thou speak unto me nothing but the truth in the name of Jehovah.—I KINGS 22:16.*

## MONDAY, NOVEMBER 25

---

*Living at one with Christ, I am identified  
and unified with every good thing.*

NO LONGER think of myself as identified with evil. I know that when I am separated from it in consciousness, I am separated from it in the manifest world. I realize that when I am no longer unified with the belief in evil, I shall no longer be identified with it in any wise.

I am now conscious of my oneness with Christ within me. Through this oneness I am unified with all that Christ is and has. Through Him I am identified with all good, visible and invisible. Through Christ I am one with peace, wisdom, joy, love, courage, health, and plenty.

In the great unity of Spirit, I am unified with Christ within me and thus with all manifest good. I am identified with Christ and I know that I cannot at the same time be identified with that which is unlike Christ. Through Christ I am identified with things of heaven.

Through my spiritual consciousness I enter the high realization in which I know that I am identified with things of Spirit.

There is *one body, and one Spirit . . . one Lord, one faith, one baptism, one God and Father of all.*—EPH. 4:4.

I li  
my

C  
and no  
time  
Spirit  
eterna  
prayer

Li  
memo  
blessin  
I do n  
of the  
time t  
Spirit  
consci  
in wh

Li  
delay  
they e

Re

## TUESDAY, NOVEMBER 26

---

*I live in the eternal now of Spirit and find  
my blessings becoming manifest here and  
now.*

CONSCIOUS of living in the timeless time of Spirit, a time without beginning or end, I expect to see my blessings appearing here and now. I expect an answer to my prayers in the time of Spirit. I live in the realization that in Spirit there is neither past nor future. I live in the eternal now, knowing that this is the time in which prayers are answered and desires are fulfilled.

Living in the now, I cease to live in unpleasant memories of yesterday. I do not fail to enjoy the blessings of the now. Conscious of the time of Spirit, I do not try today to live in the future, losing sight of the blessings of today. I realize that the only time to enjoy life is here and now. In unity with Spirit I am conscious of living in the time of Spirit, conscious that the eternal now is my time, the time in which to enjoy the good things of Spirit.

Living in the eternal now of Spirit, I no longer delay the coming of my blessings by thinking that they exist in the future.

*Redeeming the time.*—EPH. 5:16.

## WEDNESDAY, NOVEMBER 27

*Conscious of my oneness with Christ,  
I abide today in a state of prayer.*

WHEN I pray, I enter into that high realization in which I know that I am one with Christ and His blessings. By prayer I detach myself from that from which I seek separation and unite myself with all that is good. By prayer I lose all identity with evil and identify myself with Christ, the good.

I know that prayer is a means of becoming conscious of my Christ nature. I know that when I pray I lose sight of all in my life that is un-Christly. When I ask for anything in prayer, I invite it to manifest itself. When I ask for anything in the name of Christ, Christ gives it manifestation and it becomes visible in my life.

I abide today in a constant state of prayer, being conscious all day long that I go forth in the presence and power of Christ. When I pray I do not beseech God for anything, I simply realize that He is sharing His good with me.

As I pray today I realize that God's storehouse is open to me.

*Ask, and it shall be given you . . . for every one that asketh receiveth.*—MATT. 7:7, 8.

## THURSDAY, NOVEMBER 28

---

*I give thanks for every good that comes  
into my life.*

AM ever grateful for every evidence of good that appears in my life. I appreciate every favor that comes to me through prayer and through the goodness of God. I give thanks for wisdom, joy, love, courage, health, and plenty. I am thankful that even now I am coming into a clearer understanding that brings into my life a greater abundance of the blessings of God.

As I give thanks to God, I enter into a consciousness in which I find more and more blessings for which to be thankful. I find my blessings increasing as I enumerate them. I know that they multiply as I give thanks for them.

In giving thanks I find myself in that high realization in which the blessings of God are winging their way to me. My heart is filled with thanksgiving as I view the blessings now coming into evidence in my life. I behold every blessing that I desire now becoming manifest as God's special gift to me. I know that no good thing will be withheld from me when I am thankful for it.

*Grace, being multiplied through the many, may cause the thanksgiving to abound unto the glory of God.—II COR. 4:15.*

## FRIDAY, NOVEMBER 29

*I have perfect faith in God, the good.*

**A**S I meditate upon my faith in God, I find that I no longer believe in evil or any power opposed to God. I cease to believe in the power of evil as I increase in faith in God's power. All belief in evil diminishes as I find my faith in God being perfected.

I have faith that even now the goodness of God is becoming more and more visible to me. I have faith that God will prevail in all my affairs as the presence and power of good. I know that even now my faith is causing me to become more and more conscious of God's work in me and in my affairs.

My faith in God increases day by day. I no longer believe in anything unlike God. I cease to believe in evil, sin, fear, hate, disease, and lack as I increase in faith in God as my good, joy, love, health, and supply. I no longer believe that there is any power that can usurp the power of God. I cease to believe that anything in all this world can weaken my faith in God.

I have perfect faith that God is constantly lifting me to the consciousness in which I perceive more and more of Him.

*Looking unto the promise of God, he wavered not through unbelief.—ROM. 4:20.*

In

T U  
tu  
th

stillness  
of the  
with t  
thought  
stillness

In  
thing.  
only h  
ence,  
noise,  
ence a  
ness.

Ch  
come s  
as I c  
aware  
power

Be

(Un  
from th  
Internat



## SATURDAY, NOVEMBER 30

---

*In the stillness of the presence of Christ  
within me I find perfect quiet.*

**T**URNING my thought to Christ within me, I turn away from all the noise and confusion of the world about me and enter His presence of stillness and quietness. I turn away from everything of the world about me that would seem to interfere with the quietness of Christ. I direct my every thought to Him and participate in His presence of stillness.

In the stillness of Christ there is no disturbing thing. In His presence there is naught but peace; only harmony, only quiet. As I come into His presence, I drop from mind all belief in disturbance, noise, irritation, inharmony. I come into His presence and become at one with His stillness and quietness.

Christ in the midst of me is still, and I too become still as I meditate upon Him. I become quiet as I come into His quieting presence. I become aware that in His quieting presence I am given power to manage all my affairs.

*Be still, and know that I am God.—PSALMS 46:10.*

(Unless otherwise credited, all Bible quotations are taken from the American Standard Version, copyright, 1929, by the International Council of Religious Education.)

## WEE WISDOM

• • When you see the December number of WEE WISDOM magazine, you will agree that it actually is a new WEE WISDOM. It will carry the same high-quality, character-building material, but the magazine will be so much improved that you will not recognize it. If you like it now, you will be even more delighted with the new WEE WISDOM.

• • In the first place the page will be increased in size to 8½ by 11½ inches and the entire inside setup rearranged. There will be a greater number of illustrations in color. Another important change will be the placing of the cutouts on the outside back cover. They will no longer have to be mounted on stiff paper—a fact that will please the children. The new WEE WISDOM will carry each month a story featuring some Bible character or incident, instead of the International Bible lessons.



• • These and other changes will give added interest and value to the magazine, and we are happy to offer you this new WEE WISDOM in time for Christmas. Let it be your gift to a number of children. You will be proud to send it and they will be delighted to receive it. The subscription price is still \$1 a year.

**UNITY SCHOOL OF CHRISTIANITY**  
917 Tracy, Kansas City, Mo.

CH  
she  
unha  
lowin  
told  
read

OU  
which  
THE  
23d  
a de  
joyfu  
how  
his li

GRE  
inspir  
they  
These  
be m

Unity

# Twenty-Four Golden Hours

by Janet Craig

## A New Greeting Booklet

THE girl in this story was filled with discontent, and she went to a friend to pour out the details of her unhappy life. How she found peace and joy by following the loving advice of her friend is beautifully told in this new booklet, which will delight every reader, whether a Unity student or not.

OUR other greeting booklets are: HOLY BREAD—in which the effect of a generous deed goes on and on; THE SONG OF LIFE—a beautiful interpretation of the 23d Psalm; WHERE BLESSINGS BEGIN—the story of a dejected woman who found out how to make life a joyful experience; and WHERE I AM KING—showing how any one can have peace, order, and beauty in his life.

GREETING booklets are liked because they carry rich inspiration besides serving as friendly reminders, yet they are no more expensive than the average card. These booklets in attractive Christmas envelopes can be mailed for 1 cent each.

**They are priced at \$1 for twenty copies**  
(10 cents each in smaller lots)

Order your Christmas supply now.

**Unity School of Christianity, 917 Tracy, Kansas City, Mo.**

## Let Unity Help You

Christmas shopping time is almost here, and your problem will be to choose worth-while gifts at a reasonable cost and with as little effort as possible. Unity can help you solve this problem. For instance, what nicer gift for any friend than a subscription for UNITY DAILY WORD? The price is only \$1 a year, and by filling out the blank below, you can arrange for three gift subscriptions with no trouble at all. The Bank plan allows you seven weeks to save the amount of your subscriptions, and Silent Unity prays with you for your prosperity and success. Order your subscriptions now, and we will hold them for Christmas mailing.

---

Unity School of Christianity, 917 Tracy, Kansas City, Mo.

Please send me a Prosperity Bank in which to save \$3 to pay for a year's subscription for *Unity Daily Word* as my *Christmas gift* to each of the friends here listed.

Friend's name .....

Street .....

City ..... State .....

Friend's name .....

Street .....

City ..... State .....

Friend's name .....

Street .....

City ..... State .....

My name .....

Street .....

City ..... State .....

d  
ts  
rs  
n.  
a  
re  
k  
ns  
u  
o  
ur  
ns  
g.  
~  
o.  
\$3  
rd  
d.

years  
author  
specie  
most

■ A  
as "G  
"I Gi  
others

■ Th  
reprin  
are e  
helpin  
might

■ Th  
a rec  
first t  
litera

■ M  
ing e  
tiona  
green

Unity

# MIGHTIER THAN CIRCUMSTANCE

**BY FRANK B. WHITNEY**

**T**HIS is our first book in three years by F. B. Whitney, editor of UNITY DAILY WORD and author of OPEN DOORS. Its 160 pages bring you thirty-eight special articles and thirty-nine inspiring poems that have been most helpful to UNITY DAILY WORD readers during that time.

■ Among the articles you will find some very recent ones, such as "Giving to God 'for Keeps,'" "My Pact with Thee, O Christ," "I Give to God Two Gifts," "Steadfast and Immovable," and others that have been treasured since they first appeared.

■ The poems in UNITY DAILY WORD are often clipped and reprinted, and we believe that the ones included in this book are especially desired. The whole trend of the book is toward helping the student to handle his personal problems, to be mightier than circumstances in his everyday life.

■ The first edition of this new book will have as its frontispiece a recent, full-page photograph of Mr. Whitney. This is the first time Mr. Whitney's picture has been published in Unity literature.

■ MIGHTIER THAN CIRCUMSTANCE will be ready for mailing early in December. Order a copy for yourself and additional copies to send as Christmas gifts to your friends. In dark-green cloth binding, it is priced at \$1; in flexible, at \$2.

Unity School of Christianity, 917 Tracy, Kansas City, Missouri



## GOD ANTICIPATES

God does nothing backwards.  
Before He gives us some task to  
perform He equips us to do it . . .  
God in us is at once the urge to at-  
tain and the power to manifest  
health.

—*Ernest C. Wilson's*  
*Master Class Lessons.*





